



News Bulletin

No 25

04/03/2021

Dear Students,

Welcome to this week's bulletin, with the theme of 'Sticking with It'. I don't know what words or thoughts that brings up for you: persistence, perseverance, determination, 'keeping on keeping on'...? We've all had to 'stick with it' through this last year, and accept and work through the challenges we've been faced with. We have reasons to be optimistic, with the success of the vaccination programme to date, and the 'road map' for the next few months. No doubt, people will have had different reactions to the latest government announcement: some may be desperate to resume 'normal' pre-covid social and other activities, while others may be feel fearful of doing so. Whatever our response and expectations, it's clear that we will still have to 'stick with' considerable restrictions and precautions for some time to come. So, those qualities of perseverance and determination that we've been (whether consciously or unconsciously) developing over the past year will be important in enabling us to continue to move forward positively.

In last week's 'Coffee Catch-Up' we discussed the topic of 'Challenging Myself', and the importance of keeping a project going over time, whatever it may be: eg work-related, social-related, exercise, art/craft, DIY, gardening...etc. I shared a few weeks ago that I'd set myself a goal of cycling regularly, to help keep myself physically fit and active. I must admit that I've struggled to stick with that over the past month, particularly when it's been cold and wet! So, I need to develop a bit more determination and persistence in that area (whilst remembering to be kind to myself at the same time)!

Whatever your own personal projects or goals are, we'd encourage you to keep going with them, and to enjoy the sense of achievement and fulfilment they can bring. They can be a really important part of maintaining our ongoing recovery.

This will be the last of our weekly bulletins for the time being. We will bring out an Easter newsletter at the end of this term so, as always, do please send us any feedback, suggestions or contributions you may have, that can encourage us all to 'stick with it' and keep moving forward.

With best wishes from Cath and the Recovery in Mind team



Sticking with it..... because I know things will get better

I think we are all hoping that this really will be the last 3-4 months of living with all the difficulties and challenges of Covid 19. A few weeks ago I felt quite demoralised and fed up with it all, but I reflected on the two years of my life living in the midst of psychotic depression. I felt then that time was standing still, that I had lost control of so many elements of my life, that the future looked bleak and that I doubted I would ever move forward to a more positive and hopeful life once more. In fact that description could describe many of our experiences of the Pandemic. However, time passed and over another two to three years I not only got my life back on track but Recovery in Mind was born of that time. So, by 'sticking it out' and working towards that better place I managed to achieve my goals, get my confidence back and most importantly understand myself better so that I could do my best to avoid another relapse. I now think of that phrase not as 'sticking it out' but more of making the time we have to invest in our recovery really count. I wasn't sitting there waiting for stuff to happen for or to me, but doing everything in my power to move forward with my own recovery. Luckily for you, and us, together we have an opportunity through Recovery in Mind to 'stick it out' with others by your side and to work towards a better future for us all as individuals and as a community.



Angela

Sticking with it (-yes, I 'kept plugging away' and wrote an acrostic poem! Fiona)

Sticking with it is our chance
To show determination,
In many ways endure and see something through.
Continuing to stand fast whilst
Keeping our heads above water.
Inwardly persevering,
Not giving up but applying oneself.
Grafting away, being patient and persistent

Whilst remaining firm and ploughing on.
Inventive and helpful ways to proceed may be
'To do lists' and reminders on your phone,
Having opportunities to use calendars and 'post its'

In every event being self-compassionate, moving onwards
Towards our eventual goals.

Aesop's Fables

The Tortoise and the Hare an Aesop Fable

One day a hare was bragging about how fast he could run. He bragged and bragged and even laughed at the tortoise, who was so slow. The tortoise stretched out his long neck and challenged the hare to a race, which, of course, made the hare laugh.

"My, my, what a joke!" thought the hare.

"A race, indeed, a race. Oh! what fun! My, my! a race, of course, Mr. Tortoise, we shall race!" said the hare.

The forest animals met and mapped out the course. The race begun, and the hare, being such a swift runner, soon left the tortoise far behind. About halfway through the course, it occurred to the hare that he had plenty of time to beat the slow trodden tortoise.

"Oh, my!" thought the hare, "I have plenty of time to play in the meadow here."

And so he did.

After the hare finished playing, he decided that he had time to take a little nap.

"I have plenty of time to beat that tortoise," he thought. And he cuddled up against a tree and dozed.

The tortoise, in the meantime, continued to plod on, albeit, it ever so slowly. He never stopped, but took one good step after another.

The hare finally woke from his nap. "Time to get going," he thought. And off he went faster than he had ever run before! He dashed as quickly as anyone ever could up to the finish line, where he met the tortoise, who was patiently awaiting his arrival.



Slow and steady wins the race.

Hare and Tortoise - Questions to Consider

Who do you most identify with in the story, Hare or Tortoise? Why?

What personal qualities enabled Tortoise to win the race, even though he was so much slower than Hare?

Do you think it's more important to start well or finish well? How can we try to ensure that our activities, projects, goals (our own 'races', if you like) are realistic and achievable, so that we can reach the 'finishing line' in a sustainable way?

Sticking with it

TIPS FOR BUILDING DAILY HABITS

read the blog post at
www.findthegoodeveryday.com



BE CLEAR ABOUT WHAT YOU WANT

Make sure you know what habit you want to build



WHAT TOOLS COULD HELP YOU?

Do you need any supplies or tools to build your daily habit?
Remember to think outside the box! (You don't necessarily need a pedometer to take up walking!)



WHAT TIME OF DAY WORKS FOR YOU?

When will you fit it in? What time of day will be best for the activity?



WHAT IS THE BEST WAY TO REMIND YOURSELF?

Set a reminder? Add it to your to-do list? Create a tracker?
When you are starting something new don't expect to remember it every day.



WHAT IS YOUR MOTIVATION?

Why do you want this? This is so important when/if you get to the stage where it gets hard and you don't want to do it. Write it down so you can revisit when you need the reminder.



GO EASY ON YOURSELF

If you miss a day don't let that mess up the whole plan - just get back to it the next day. Sometimes life does get in the way.



HAVE A CONTINGENCY PLAN

Think about some Plan B options for your habit (if you don't get it done first thing when else could you fit it in?)



GET SOME ACCOUNTABILITY / GO PUBLIC

Why not go public and announce your new habit to keep you on track? Or join a group with similar interests to keep you motivated.

read the blog post at www.findthegoodeveryday.com

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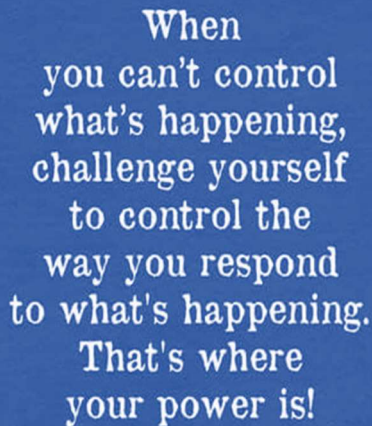
Challenge - Change

We had been talking about 'Challenging Myself' on a 'Coffee Catch Up' session and I came across the following quote.....

I realised how all of us have had to change routines or plans during the last months with The Pandemic whether we wanted to or not! This has been especially difficult for many of us, particularly as it's also been out of our control and we have just had to accept them.



**YOU CAN'T SPELL
CHALLENGE
WITHOUT
CHANGE**
IF YOU'RE GOING TO RISE TO
THE CHALLENGE, YOU HAVE
TO BE PREPARED TO CHANGE.



When
you can't control
what's happening,
challenge yourself
to control the
way you respond
to what's happening.
That's where
your power is!

Coming across this next quote explains so well what we must try and do to help ourselves with change.

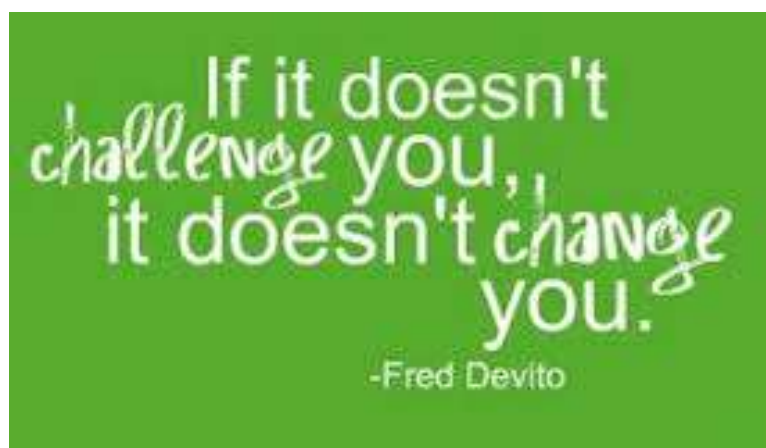
These challenging changes have made us more flexible and surely done us some good - difficult to believe when one thinks of the anxiety created! But I have noticed the more I've had to accept the easier it became.

I hope you find these quotes helpful - in fact when my day is not going very well, I will make a point of

looking online at Google quotes/affirmations (POSITIVE ones of course!) and it really helps me feel better. In fact, every morning without fail I read this one because it really makes me start the day in the right frame of mind.

Take Care Everyone and let's now look forward to really positive changes taking place with brighter Sociable days ahead.

Lynette x (Peer Trainer)



If it doesn't
challenge you,
it doesn't change
you.
-Fred Devito

Course Update

As the country hopefully moves forwards with its 'unlocking' we have been thinking ahead and are busy planning the course schedule for after Easter. The following are the available courses over the next few weeks, and we look forward to seeing you all again. For more details and to book please visit the website www.recoveryinmind.org then choose the 'free courses' tab and 'step 3' for:-

- Coffee Catch Ups - Wednesday 10th March 10 - 11am, on-line using MS Teams
Wednesday 17th March 10 - 11am, on-line using MS Teams
- Reading Session - Wednesday 24th March 10 - 11:30am, on-line using MS Teams
- Easter Celebration - Wednesday 31st March 10 - 11:30am, at Shaw House, Newbury
- Ponder & Wander - Wednesday 21st & 28th April 1:30 - 2:30pm, at Shaw House, Newbury



Here are some pictures of the new allotment, more information to follow shortly of future gardening and creativity activities planned there.....



Further Help and Support

If you are struggling with your mental health and feel that you need further help & support here are some contact numbers for you:

West Berkshire Community Mental Health Team- 01635 292020

CRHTT (Crisis Response and Home Treatment Team)- 0300 365 9999

Samaritans - 116 123

NHS - 111 (number to call should you feel you are physically unwell with Coronavirus or indeed any other physical health condition which is deteriorating).

West Berkshire Community Hub is where you can find out information and support locally for a variety of matters relating to Coronavirus - look at their website (cut and paste this into your internet browser) <https://info.westberks.gov.uk/coronavirus-communityhub>

The Age UK Berkshire Befriending and Buddying scheme is now open for referrals. Enquiries should be made directly to Age UK Berkshire by emailing info@ageukberkshire.org.uk or calling 0118 959 4242

999 is for **EMERGENCY** calls only.